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EPSDT Preventive Health Screenings Ages Birth - 20 years

Please also refer to the [BRIGHT FUTURES Guidelines for Children's Screening](#).

The purpose of this document provides a list of screening tools healthcare providers can use in conjunction with the [Bright Futures Guidelines for well-child visits](#). Maine has adopted the Bright Futures Guidelines for pediatric care and supports screenings to help ensure the identification, diagnosis, and treatment of conditions before they become more complex.

SCREENINGS. Screenings may identify concerns that need follow-up. Developmental and behavioral screenings are required for children enrolled in MaineCare and the Children's Health Insurance Program (CHIP), known as Cub Care in Maine. Providers should include routine, systematic screening in their practices. Periodic developmental and behavioral screening during early childhood is essential to identify possible issues with growth and development. Screening practices may lead to early detection of health issues experienced by children and adolescents and increase the timeliness of referral for assessments.¹

Screenings can be a simple series of yes or no questions and can determine whether a more thorough evaluation is warranted. States are required to provide comprehensive services and furnish all Medicaid coverable, appropriate, and medically necessary services needed to correct and ameliorate health conditions, based on certain federal guidelines.²

This list contains a variety of resources which are available to providers. Many screening tools on this list are free to providers and some must be purchased. Providers should decide which screens are best for their patients. When billing, providers may wish to consult MaineCare's list of common pediatric billing codes available [online](#). The AAP's [2020 Screening Tools Comparison Table](#) provides supplemental information, about some of the screens in this resource, such as psychometric properties and other considerations. The AAP's [Screening Tools Finder at the Star Center](#) also offers helpful information about many screens listed in this resource.

¹ American Academy of Pediatrics: [Universal Screening Urged for Developmental Delays](#). Centers for Medicare Medicaid Services, U.S. Department of Health and Human Services. [EPSDT – A Guide for States: Coverage in the Medicaid Benefit for Children and Adolescents](#).

² Centers for Medicare Medicaid Services, U.S. Department of Health and Human Services. [Early and Periodic Screening, Diagnostic, and Treatment through Medicaid](#).

DEVELOPMENTAL SCREENS	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
ASQ-3	To screen for developmental concerns Ages 1 month to 5.5 years	Completed by caregiver Interpretation by trained provider or clinician	10-15 minutes	Toolkits are available for purchase. Also available in several languages.
MCHAT R/F Modified Checklist for Autism in Toddlers	To screen toddlers for autism spectrum disorder Ages 16-30 months	Completed by caregiver Interpretation by trained provider or clinician	10-15 minutes	The CDC has helpful information for providers about screening for autism spectrum disorder, with case studies.
PEDS Parents' Evaluation of Developmental Status	To screen for parents' concerns about behavior, language development, motor skills, problem solving Ages 0-8 years	Completed by caregiver Interpretation by trained provider or clinician	Approximately 3-6 minutes	Available for purchase. Also available in several languages.
SWYC Survey of Well-being of Young Children	To screen for developmental milestones, behavioral/emotional and family risk factors Ages 2 -60 months	Completed by caregiver Interpretation by trained provider or clinician	Approximately 30-40 questions depending on age	Available in several languages.

SOCIAL-EMOTIONAL SCREENS	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other information
<u>ASQ-SE Ages and Stages Questionnaire</u>	To examine social and emotional skills Ages 1-66 months	Completed by caregiver Interpretation by trained provider or clinician	10-15 minutes to complete	Available for purchase. Also available in several languages.
<u>PSC Pediatric Symptom Checklist</u>	To screen for psychosocial problems Ages 4-17 years	Completed by caregiver or youth over 7 years old Interpretation by trained provider or clinician	35 questions	<u>Bright Futures information about scoring and interpretation.</u> After screening steps and scripts: <u>How to Talk about Positive Screening Scores with Parents</u>
<u>SDQ Strengths and Difficulties Questionnaire</u>	To assess for adolescent strengths and difficulties Ages 11-20 years	Completed by self/caregiver Interpretation by trained provider or clinician	25 questions	Available in several languages.

SOCIAL DETERMINANTS OF HEALTH and ADVERSE CHILDHOOD EXPERIENCES (ACEs)	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other information
CYW ACE-Q for Children CYW ACE-Q for Teen CYW ACE-Q for Teen (self-report)	To screen for adverse childhood experiences All ages	Completed by caregiver Interpretation by provider or clinician trained in trauma-informed care and ACEs	Child/Parent 17 questions Adolescent (Parent) Report 19 Questions Adolescent (Self) Report 19 questions	Prevention resources from the CDC available here . The User Guide and information about ACEs may be helpful. Tips for how to discuss the ACE score with parents or caregivers can also be found at ACEs Aware .
ACEs MaineHealth Adverse Childhood Experience Toolkit Scale	This toolkit has information about screens for adverse child experiences such as substance use disorder in family, health related issues, and trauma All ages	Completed by self/ caregiver Interpretation by trained provider or clinician	2 initial questions and follow-up as needed	A variety of screening tools are included in the toolkit, as well as recommendations for follow-up or referral.
IHELLP Income, Housing, Education, Legal Status, Literacy, Personal Safety Questionnaire	To assess areas of income, housing, education, legal status, literacy, and safety. All ages	Completed by self/ caregiver Interpretation by trained provider or clinician	14-24 questions	

SOCIAL DETERMINANTS OF HEALTH and ADVERSE CHILDHOOD EXPERIENCES (ACEs), cont.	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other information
<p>PEARLS Pediatric ACEs and Related Life Events Screener</p> <p>PEARLS – Child</p> <p>PEARLS – Adolescent Parent Report</p> <p>PEARLS – Adolescent Self Report</p>	<p>To screen for trauma or Adverse Childhood Experiences</p> <p>Child 0-11 years Adolescent 12-19</p>	<p>Completed by caregiver</p> <p>Interpretation by trained provider or clinician</p>	<p>Child/Parent 17 questions</p> <p>Adolescent (Parent) Report 19 questions</p> <p>Adolescent (Self) Report 19 questions</p>	<p>Available in several languages.</p>
<p>Hunger Vital Sign to Screen for Food Insecurity</p>	<p>To screen for food insecurity</p> <p>All ages</p>	<p>Completed by caregiver</p> <p>Interpretation by trained provider or clinician</p>	<p>2 questions</p>	<p>Development and Validity of the 2-Item Screen to identify Families at Risk for Food Insecurity</p> <p>A short article from the AAP discusses the pediatricians’ role in combating food insecurity.</p>

SUBSTANCE USE	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
Alcohol Screening and Brief Intervention for Youth	To screen for alcohol use Ages 9-18 years	Completed by self Interpretation by trained provider or clinician	2 Questions	National Institute for Health Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide
BSTAD Brief Screener for Tobacco, Alcohol, and Other Drugs	To identify risky substance use by adolescent patients Ages 12-17 years	Completed by self Interpretation by trained provider or clinician	3 Questions	
CRAFT 2.1 Car, Relax, Alone, Forget, Friends, Trouble	To screen for alcohol and drug problems in adolescents Ages 12-21 years	Completed by self Interpretation by trained provider or clinician	6 questions	CRAFT FAQ 2021 Provider Manual
S2BI Screening to Brief Intervention	To screen for use of tobacco, alcohol, marijuana, and other substances; Discriminates among no use, no SUD, moderate SUD, and severe SUD Ages 12-17 years	Completed by self Interpretation by trained provider or clinician	3-6 questions	Suggested clinician action and scripts for how to talk to patients for each result are located at the end of the clinician section. SBRT in Schools has talking points and sample letters.

SUBSTANCE USE, cont.	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
The 4 P's for Substance Abuse The 4 P's Plus Integrated 5 Ps Behavioral Risk Screening Tool (5Ps)	To screen for prenatal substance use All ages	Completed by self/ caregiver Interpretation by trained provider or clinician	4 questions More than 4 questions in 4 P's Plus 5 questions	The 4 P's Plus Screen for Substance Use must be purchased.
<p>Maine CDC's website Prevention for ME offers an e-cigarette toolkit with resources and assessment tools for providers.</p>				
<p>The Maine Prevention Store contains free print materials and digital downloads designed to improve health and help prevent tobacco use, substance use, and suicide in Maine.</p>				

ADHD	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
NICHQ Vanderbilt Assessment Scales	To screen for symptoms of ADHD; looks for other conditions such as conduct disorder, oppositional-defiant disorder, anxiety, and depression Ages 6-12 years	Completed by self Interpretation by trained provider or clinician	Parent section has 55 questions. Teacher section has 45 questions	Helpful information about ADHD from the CDC available here . The 2019 3 rd edition is available for a fee. The organization Children and Adults with Attention - Deficit/Hyperactivity Disorder (CHADD) offers resources and information.
Conners-3	To screen for ADHD and common comorbid disorders Ages 6-18 years	Completed by self/caregiver Interpretation by trained provider or clinician	Full length 99-110 questions (20 minutes) Short length 41-45 questions (10 minutes)	Available in several languages.

ANXIETY and DEPRESSION	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions
<u>Columbia DISC Depression Scale</u>	To screen for depression Ages 11 years and older	Completed by self/ caregiver Interpretation by trained provider or clinician	22 questions
<u>PHQ-2b</u> <u>PHQ-9</u> <u>Modified for Teens</u>	To screen for depression Ages 11 years and older	Completed by self/ caregiver Interpretation by trained provider or clinician	PHQ-9 5 minutes PHQ-2 Under 5 minutes
<u>SCARED</u> <u>Screen for Child Anxiety</u> <u>Related Disorders</u>	To screen for anxiety and related disorders Ages 8-18 years	Completed by self/ caregiver Interpretation by trained provider or clinician	10 minutes
<u>SCAS</u> <u>Spence Children's Anxiety</u> <u>Scale</u> <u>SCAS Parent Report</u>	To screen for anxiety in Ages 12-17 years	Completed by self/ caregiver Interpretation by trained provider or clinician	45 questions
<u>EPDS</u> <u>Edinburgh Postpartum</u> <u>Depression Scale</u>	To screen for maternal depression Mothers of all ages	Completed by self Interpretation by trained provider or clinician	10 questions

SUICIDE	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
ASQ Ask Suicide Screening Questions	To screen for risk of suicide. Ages 10 years and older	Completed by self/ caregiver Interpretation by trained provider or clinician	5 questions	Youth Ask Suicide Screening Questions Toolkit contains information about many mental health topics. Available in several languages.
Columbia Suicide Prevention Screen (click Screener-Recent)	To screen for risk of suicide.	Completed by self/ caregiver Interpretation by trained provider or clinician	6 questions	The Columbia Lighthouse Project offers free training.
PHQ-9 PHQ-9A	To screen for risk of suicide. PHQ-9 for ages 10 years and older PHQ-9A for adolescents	Completed by self/ caregiver Interpretation by trained provider or clinician	9 questions 11 questions	This AAP article compares the PHQ-A and AQ for suicide risk screening for adolescents.

ORAL HEALTH SCREENS	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
OHRA AAP Oral Health Risk Assessment	To screen for oral health needs All ages	Health care professionals	A few minutes, depending on age	Bright Futures Oral Health Pocket Guide
<p>The Partnership for Children’s Oral Health Maine provides information support for oral health for health care providers, including Maine’s From the First Tooth initiative. From the First Tooth’s website contains resources, training, and parent/caregiver education.</p>				

WEIGHT SCREENS and INFORMATION	Reason for Screen And Validated Ages	Who Can Administer and Interpret Results?	Approx. Time to Administer or No. of Questions	Other Information
MaineHealth Let’s Go 5-2-1-0	To screen for healthy eating habits and obesity Ages 2-9 years Ages 10 years and older	Health care professionals	A few minutes, depending on age	Several languages available.